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April 1949

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87 Alexandra Blvd.
Toronto

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President, American Camping
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Montreal

Editor

Mary S. Edgar
64 St. Clair Ave. W.
Toronto

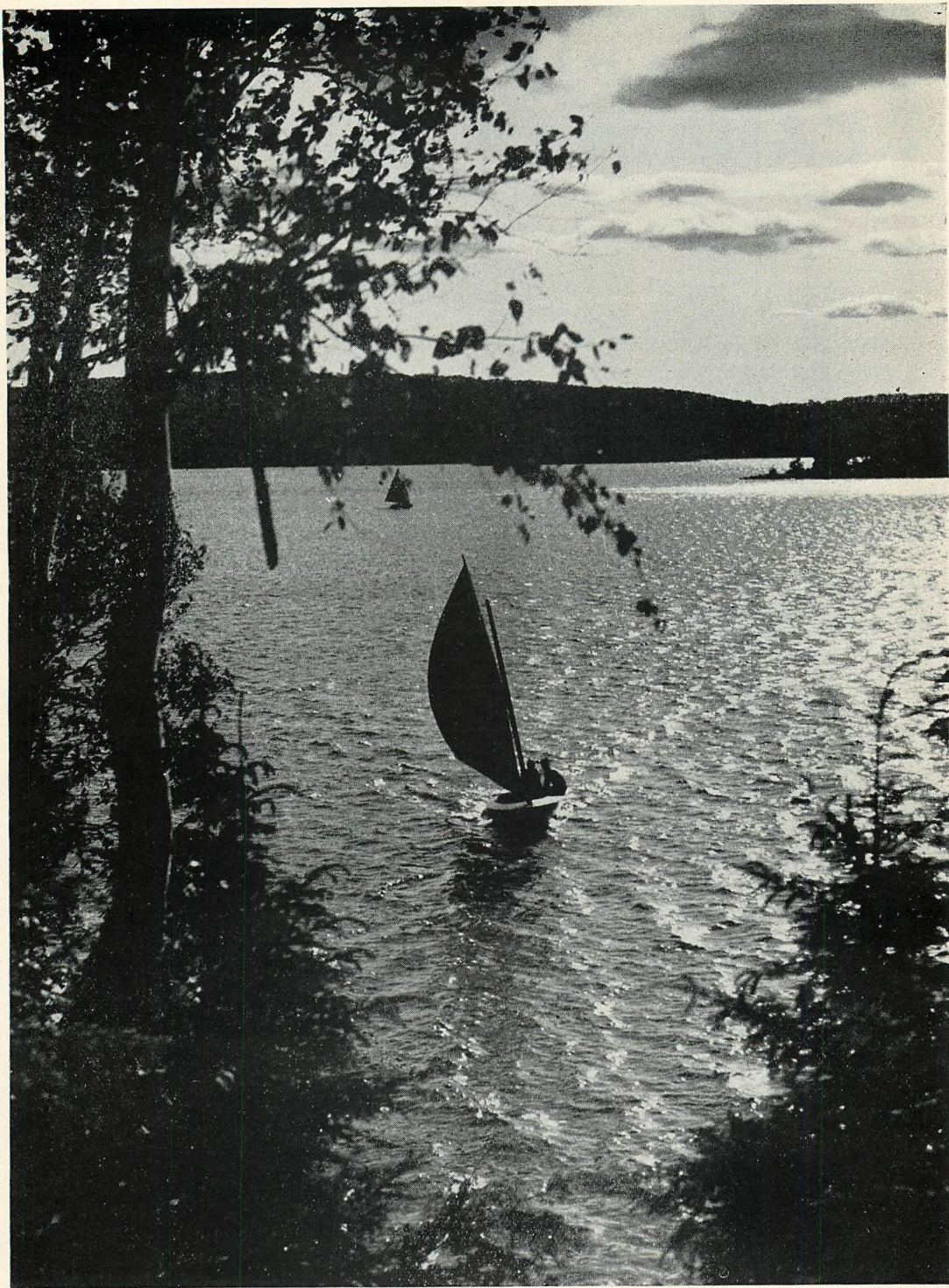
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CAMP AHMEK

Contributions of Child Psychiatry to Better Camping

DR. TAYLOR STATTEN, JR.

Child Psychiatric Clinic, Johns Hopkins Hospital, Baltimore, Md.

An appreciation of the camper as an individual is one of the conspicuous trends in organized camping. A perusal of the back numbers of camping magazines indicates that out of the mass activity of early camping there grew an appreciation of group work which has been followed by recognition of the opportunities for individual guidance.

The rigid, highly organized, closely scheduled, artificially stimulated camping programme, with emphasis on physical development, is a thing of the past. The flexibility and freedom of the modern camp provides an ideal setting for the trained observer to study the emotional releases of children and assist them in their struggles "to find a place in the sun." In this environment, away from the influences of home and school, and with freedom to follow their own desires, children throw off their restraints and reveal their true inner selves. It has often been said that the best way to get to know a person is to go camping with him. It is in the modern summer camp where boys and girls may casually reveal their anxieties and feelings of insecurity and hostility, that workers interested in child guidance find most favourable conditions for work.

The daily press, the radio, the movies, the novel and magazine articles indicate a growing need for more attention to mental health. Statistics show that

more hospital beds are needed for mentally sick patients than for those with physical illnesses. The public is being warned repeatedly that the mental and nervous breakdowns in adult life are the result of unfortunate childhood experiences.

This has given rise to a new specialty in the field of medicine, child psychiatry. The pediatrician, a specialist in children's health and diseases, has long been recognized, but the child psychiatrist, who in addition to being a qualified pediatrician is also a trained psychiatrist, is one of the newer specialties. It was not until 1930 that a full-time psychiatric clinic was established as an integral part of a pediatric hospital. The 19th century laid the foundations for pediatrics and psychology; the 20th century is making the health and personality development of the child one of the most promising fields of human progress. Out of the integration of medical science and mental hygiene has come this new specialty.

This emphasis on "a sound mind in a sound body" is but a trained, common sense approach to personality growth. Its newness is not so much in principle as in methods and techniques which enable the trained physician to apply treatments which used to be arrived at by guesswork. Child psychiatry is now being taught in medical colleges

and schools of social work. Its application in summer camps is far reaching. It is important that camp directors should know how it may help them, not only with their campers, but also with the selection and training of their staff.

Of prime importance is the recognition of individual differences. No two individuals are the same. Even identical twins have different life experiences and do not develop identical personalities. Therefore, we may presume that campers' reactions to various experiences may be as varied as the number of children enrolled.

The rugged beauty of the out-of-doors; the cold, deep, sparkling waters; the vivid blue sky; the sudden leap of the deer; the bear at the garbage dump; the rhythmic hoot of the owl, may kindle an emotional response of warmth and friendliness in one camper, but to another the same experiences may produce fear and anxiety. The night call of the loon echoing in the hills, so nostalgic to one who loves the northwoods, may be identified by another as the war-cry of a weird creature threatening to bear down upon the occupants of the cabin or flimsy tent.

The contact with "nature in the raw" while on a canoe trip is a step closer to the life of primitive man than is camp life at the main base. Adventurous spirits are thrilled to be on their own, exploring and fishing in remote and unfrequented lakes and streams. But to some campers the long portages with the heavy packs, the balsam beds on the hard ground, the pesky insects and the noises of the night combine to turn a canoe trip into a nightmare. One camper regularly developed nocturnal asthmatic attacks before going on canoe trips, and when tripping insisted on sleeping on the rustic tables. However, when the camp supplied each tripper with a rainproof jungle-hammock, complete with a mosquito netting and zipper, his anxiety about canoe trips vanished and also his attacks of asthma.

Fears are not inherited; they are learned. On returning from a canoe trip a counselor reported that while out fishing with one of his ten-year-old campers, he remarked: "I've always been afraid of canoes. I'm afraid of water, too. And I'm afraid of sail boats and horses. I can't remember all the things I'm afraid of, but when mother comes up to visit me next week, she will tell you all about them."

There is such a thing as emotional contagion. It spreads like the measles. It may break out in the dining room in the form of a dislike for certain foods, or in rowdy table manners, or in the beginners' swimming pool, or in the riding ring. It becomes more serious when it is directed toward a counselor. Expressions of irritability or wrath by an adult easily create feelings of uncertainty, insecurity and fear in a child and are quickly communicated to other children.

It may take considerable time to get at the real causes of emotional disturbances. It was the third camp experience for one boy. He had found it impossible to stay more than a few days at the other camps and now, after two days at this one, he was more miserable than he had ever been in his life. The meals were rotten and he hated everybody in camp. All he wanted was to get to the telephone and tell his mother how bad everything was so that she could come to take him home. It took some time to get him to talk about his past, but with the assistance of a sympathetic Counselor-in-Training who was assigned to him full-time, his attitude toward camp soon changed, and on the fifth day he announced that he had decided to stay for eight weeks. Soon he became a regular member of a cabin group and developed into a happy camper. When his parents visited camp, they seemed to appreciate the opportunity to talk about their son's problems with the child psychiatrist. For the first time they realized how

the home attitudes had created the emotional difficulties. Over-protection, which the parents viewed as natural mother love, was one of the contributing factors in this case.

One of the younger boys, who refused to co-operate in the dining room, broke into tears and rushed out screaming, "I won't, I won't". He was a libable boy but unpredictable and moody. He was enuretic and given to temper tantrums. The child psychiatrist discovered that he was completely confused because of the break-up and divorce of his parents and the new marriage. He remembered his "old" daddy before he went overseas and he loved him very much. When his "old" daddy returned he begged his mummy to let him come to live with them. Apparently his persistence was more than the mother could stand, so she shipped him off to camp for the summer. The sympathetic love and affectionate understanding of a mature and motherly woman counselor helped the boy through a difficult period of adjustment.

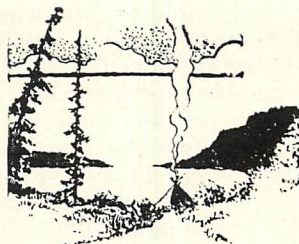
Counselors with overseas experience usually show a keen interest in child psychiatry. They have seen big husky soldiers go to pieces; men who could not take it. The explanation from the mental hospital personnel is that in all probability the nervous breakdown or shell shock was the result of unfortunate childhood conditioning.

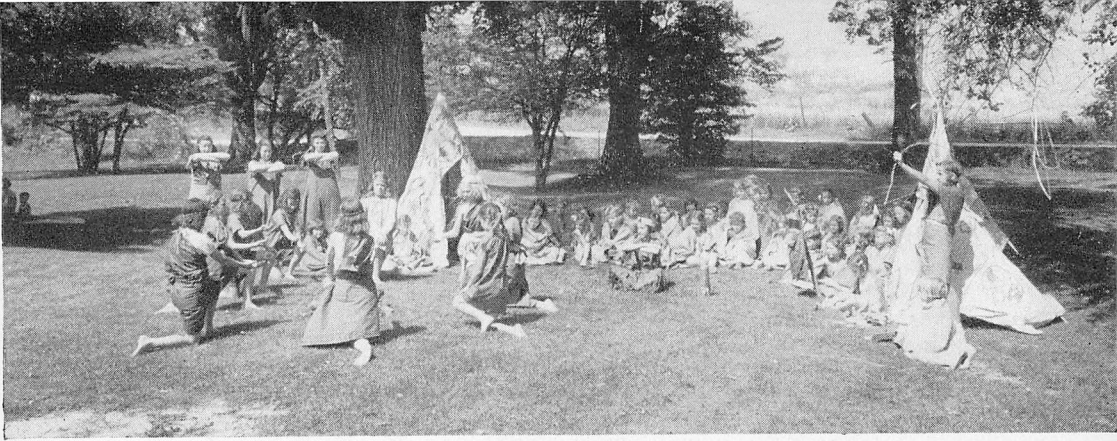
A counselor, who was a college graduate, taking a post-graduate course in psychology, realized his inability to form a friendly give-and-take relationship with his five campers. He was a very conscientious person. The rigid disciplinary method of his father was the only pattern of relationship with which he was familiar. If he followed the more democratic camp way, he thought he would lose control of his group of campers. His course in psychology had not helped him to recognize his difficulty. By giving him a selected group of campers and with

frequent interviews, he was able to do a fairly satisfactory job. In a letter to the camp director at the close of the season, he said it had been the most valuable experience of his entire life.

Emotional maturity should count for more than university qualifications in selecting counselors. The big "he man" athletic type of counselor has a place in a boys' camp only if he is as sensitive to the feelings and adjustment of his campers as he is to the physical aspects of camp life. Students who are taking courses in education, sociology, theology, psychology or medicine profit greatly by being camp counselors. And if they are emotionally well people and have a warm sympathetic attitude toward children, they make good counselor material. Camps could benefit by having a child psychiatrist interview prospective counselors.

Physical health has always been regarded as an outstanding by-product of out-of-door living. Mental health has now become as important a factor in organized camping. The camping movement may have a real contribution to make to the mental health movement. Mental hygienists are beginning to regard the summer camp as a most fruitful institution for personality growth and adjustment. Tension caused by conventions, restrictions and pressures at home and rigid discipline at school can be offset at camp by a happy holiday atmosphere, filled with joyous freedom from competition, anxieties and fears. Children can be helped to live comfortably with themselves and their friends in such an environment.





BOLTON CAMP

The Two-Week Camp

FRANK L. HAVEY *Director, Camp Parker*

There are probably few camp committees and directors who operate two-week camps by choice. Yet there are many two-week camps. Why? Because there probably never will be enough camps nor enough money to provide more than two weeks for all the boys and girls of the large cities, and because it is generally believed by many to be an inherent right of all children to get away from the hazards, strain, noise and dirt of the big city to a glorious adventure of camp or for a short vacation in the country. The short breakaway from home associations, the benefits of living in a child's world, the chance to live simply and healthfully in the out-of-doors, all are part of this inherent right.

Two simple, basic, valued objectives of work with children are happiness and health—both physical and mental health. In the attainment of these there are innumerable experiences that camp life naturally provides, and these are found even in fourteen short days in those camps where at least acceptable minimum standards of safety, health, personnel, programme, administration, and facilities are maintained.

The beauty and the spirit of the environment and the character and friendliness of the leadership bring the first satisfaction necessary to adjustment to the change from the city. These are vital. From then on many things can happen through carefully selected, wisely administered short-term programme. The child receives certain concrete and certain abstract satisfactions through his experiences.

Esthetic satisfactions, often not appreciated at the moment, but leaving their impressions nevertheless, come from brilliant sunsets, roaring storms, soft moonlight, silvery clouds, and mysterious night noises, glimpses of wild life, muted camp sounds in the early morning, associations in cabin life, and companionship with adults who know children inside out, and so on.

The concrete satisfactions of physical achievement, wider interests, and new skills derive from activities designed for completion within two weeks. A child can learn to swim, row a boat, pitch a tent, erect a hut, build fires, cook out, chop a tree, identify a dozen birds and flowers, recognize a few trees, bushes and fish, tie knots, hoist the flag, sing

new songs, dance like an Indian, to mention some things—and do it with ease. He can take part in all kinds of adventures like sleeping under the stars, hiking in the rain, visiting a sawmill or farm, hunting a treasure, fishing for big ones, taking part in a stunt, playing hares and hounds, going on a snipe hunt, and participating in numerous other quickly climactic adventurous experiences indigenous to the camp environment. These real adventures are either unknown or only in the imagination of those who are eternally restricted to the city streets and playgrounds. In addition, of course, urban sports of baseball, volley ball, touch football and the like, although not particularly a part of the camp natural setting, usually may be pursued at camp under conditions far superior to those of the city where good, clean dirt and grass have given way to hard pavements.

So the opportunity for activities,

new experiences, and new joys is great even in the two-week camp. These bring a number of concomitant gains, too: great joy, the sense of achieving, the chance to succeed, mental relaxation, bigger appetite, better body tone and physical improvement, advanced social attitude, a new perspective on life, and expanding horizons of interests and skills. All of these, at one time or another, may be found in a good short-term camp.

In conclusion, and broadly speaking, it takes only a minute to create adventure, hours to acquire a skill, a few days to make new friends, and two weeks to rejuvenate physical strength. If all of these are found in the short-term camp, and I believe they are, then there is justification for it. The only fault is that when all these satisfactions are felt, the child does not want to go home.

From:

"A CHANT OF THE OUT OF DOORS"

God of starry nights,
God of clear mornings,
God of silent noon,

Hear my salutation!

For where the rapids rage, white
and scornful,

I have passed safely, filled with
wonder.

Where the sweet pools dream
under willows,

I have been swimming, filled with
joy.

God of blue hills,
God of green valleys,
God of clear springs,

Hear my salutation!

For where the deer crops and the
beaver plunges,

Near the lake's edge I have pitched
my tent.

Where the pines drop aromatic
needles

On the brown earth, I have known
peace.

—Marguerite Wilkinson.

Pre-Treat Your Staff

for RECEPTIVITY

IRWIN HALADNER, *Director, Camp Wabi-Kon,*
and ALAN KLEIN, *School of Social Work,*
University of Toronto

While there is general agreement among camp directors that a pre-camp training program is a great asset, not all camps are in a position to arrange one. Counselors come from long distances, university exams interfere, and other problems often prevent pre-camp meetings of staff in the city. There are, however, many important things to be said to the staff, to prepare them for camp, even before a pre-camp training period on the camp site. Matters of philosophy, organization and program are in reality of an orientation nature. The importance of such material has been so well demonstrated that it hardly bears repeating.

This past year one of the larger camps in Ontario, confronted with the impossibility of convening staff in the city before camp, tried to orient them through a series of letters, sent once a week. There were ten letters and starting with a simple statement of the objectives of camping, they progressed through the following subjects: What is a counselor's job? Theory of the camp. What to know about the camper, Discipline, Records and Reports. The Cabin Group, Safety, Privileges and Obligations of the Counselor, the specialty Counselor, the first day in camp.

Each letter invited answer and comment and some took the opportunity to write and express themselves. By and large the staff revealed that they had read the letters and were helped. This

applied to experienced as well as new counselors, but the newer ones seemed more appreciative because the letters gave them some preview of what the camp would be like. The philosophy of the camp expressed itself throughout every letter, and the interest in the camper and the counselor could be felt in the informal friendly tone. When they got to camp most staff members said that they thought the weekly communications had drawn them closer to camp and had given them a keen anticipation of a good summer. They were pre-treated for receptivity.

It is not possible to reprint the letters in their entirety here, but a few examples might be helpful to illustrate their type, tone, and content. On the subject, "What are the duties of the counselor?", a small section of the letter read:

"The counselor helps his youngsters to discover new things and to explore the adventure and glamor of real life in the out-of-doors. He does not give him the answers but leads him to where they can be found. Learning is experience. The counselor sets the stage and introduces the camper to things and experiences which stimulate him to pursue them, and thereby learn. This does not just happen. It is present as you rise above routine, with initiative and zest, to discover the best in each situation.

But, your own greatest achievement your own greatest thrill, will be to discover the best in each of your campers."

In a letter on, "how to better understand the camper"

"We all need security. Everyone has to feel that he is accepted and liked. Have you ever noticed how uncomfortable you are when you are in a group where you think you are not liked? Makes you want to leave or tell them off, doesn't it? There is a need also for recognition; that is worthwhile and that others recognize to feel that we are important and us as such. That is why it is so much better to praise your campers than to criticize them. Use praise generously. Encourage them. No one likes to be lectured or bawled out. Lying, stealing, bullying, selfishness, beefing, eating problems, shyness, fear, homesickness, are symptoms. We can prevent these symptoms from showing if we give recognition, affection, acceptance, and an opportunity for self-expression and achievement. When we create an atmosphere of friendliness and praise, understanding and helpfulness, and try to know our youngsters as individuals, we save ourselves a lot of needless grief and, what is more important, we and our campers are happy, and I don't think anything is more important than happiness, do you?"

An excerpt on discipline might be interesting:

"May I add a few usual misuses of discipline which I am sure you will agree should be out-of-bounds in camp. We are all familiar with the counselor, who, due to his own weakness "loses control". Because he is failing, he resorts to threats, physical force and emotional pressure. This is absence of discipline on the part of the leader. Primitive climate is one

in which happy, healthy youngsters will not grow.

Then there is the counselor who drips love and sweetness, she tells her cabin how nice she is and how she never punishes them and how badly she would feel if they weren't lambs. This is sheer blackmail. The youngster who makes a slip feels like a heel. It breeds a group dependent upon the leader, fearful and unable to plan or be self-reliant because they might "hurt" or displease her.

How about hostile competition? More competitiveness than children need often develops into hatreds in the group, tensions and fear. Reward is given to him who tramples upon any daring to compete with him and shame to him who doesn't make the grade. This is a dog race and racing dogs don't develop co-operation and mutual love while the race is going on.

Watch for the group-pride climate where discipline means only "our cabin must be best" and woe unto him who stains that record! This is a form of nationalism where loyalty to the state is supreme.

Here is a chance to relax this summer and give youngsters a chance to really grow. It doesn't mean, we do nothing for discipline, but that we create mutual respect, teach goals and use punishment sparingly, based upon our understanding of the individual and our desire to help them. If we get a "kick" out of our youngsters, we don't want to kick them."

An attempt to *get across* the idea that the specialty counselor was a regular counselor working toward the same goal as the cabin counselor, met with success. A part of the letter on this subject gives the idea:

"It is the job of everyone to work as a team to make camp a happy and worthwhile experience for every child.

Your specialty is important only in so far as it enriches camp and is in harmony or co-operation with the other "specialties" and the general program, and also only in so far as it does something for the child. Program is a tool to build children and whatever your activity, the finished product is the child. So it is important that our handling of the campers be consistent and that you, in your activity, help them to grow and to be happy."

During the summer at camp, the staff decided to use the letters for discussion purposes at staff meetings, and many lively sessions followed. This proved the value of the method as a preliminary step for in-service training, but the results have even more meaning. They learned what had been suspected for some time, namely, that a pre-camp training program, no matter what the method, needs follow-up.

The meetings at camp were conducted in an informal manner with the camp director in the background. An atmosphere of complete freedom of discussion was established in which any counselor was encouraged to say what he thought. Again it was found that a

lecture or letter might be heard or read and what is more, absorbed, but not always agreed with or acted upon. A lecture or a letter might be considered as "policy" handed down to be obeyed, but the observance would not necessarily be effective or understandingly performed. Since successful work with youngsters must be done in an atmosphere of warmth and freedom from tension, compliance with the "letter of the law" often fails to promote growth and character building. The counselor must *feel* what he is doing.

This experience confirms the suspicion that free participation by the staff in matters of philosophy, policy, and camp counseling is indispensable to good camping. The letters paved the way for that participation in camp, sensitized the staff, and invited discussion.

* * * *

Copies of the letters may be obtained by writing to the Ontario Camping Association, 236 Bloor Street, West, Toronto. Please enclose 10c to cover cost.



Some Thoughts

on Junior Camping

MARGARET MILLAR

Program Director, Junior Section, Glen Bernard Camp

When the busses come trundling into camp at the beginning of a new season and out tumbles an excited group of small fry, the sight is always quite breath-taking. There are eager faces, arms full of coats, bags, cameras and an assortment of treasured belongings. Some children are shy and a bit overwhelmed, others self-assured, the old camper and the new, each with their own anticipations for the holiday, each wanting "to have a good time", and each having so much to give and to learn. Behind the eager campers are the hopes of parents and the aims of directors and counselors that each one of these children may benefit in various ways from the camp experience, and learn something of living together happily, comfortably and appreciatively in the great out-of-doors.

So many of our children are city dwellers who have perhaps never seen a cow, or a tadpole, or watched a spider spin a web that will glisten with dew in the morning. Junior camp is the ideal place to start on these discoveries; it is also the time to start learning the fundamental skills of swimming, boating, camp craft, and the art of living in groups. There must, therefore, be a delicate balance in our program to achieve these ends.

It is an easy thing to spend much time in the teaching of skills; it is far more difficult to design a program that will give children time to just grow and

to assimilate the world about them. We are inclined to push, to fill the day with many activities. We must remember that these children live ten months or more of the year in the hurly-burly of city life, where radios and movies are constantly encouraging and stimulating them to go, to do, to have. Camp should give them time "to be". For this reason, activities should be in the smallest possible group. The cabin group with the counselor should be the unit. This puts a great responsibility on the counselor, who must be mother, mentor and friend. She will be responsible for developing initiative and responsibility and for the happy relationships that can so easily be learned through camp activities.

What then of the program? There must be some time given each day for learning skills, but apart from the actual teaching of swimming and boating, both hand crafts and camp crafts should be related as far as possible to the world of nature. Children can collect flowers, seeds and grasses to make into little pictures, or balsam for pillows. Camp craft should be acquired through trips and picnics, graded according to age. Just to take a pack on your back and fare forth with a few good friends, to cook, to eat and perhaps to sleep in the out-of-doors, is one of the most exciting things to do, and it need not be a long journey—just to a hillside, a field or a nearby woods. This will suffice for the junior camper. Here is a chance to find

new plants and flowers, to see birds, to make new songs, to discover what lives in old tree trunks and under stones, to watch a lovely sunset or to talk about the stars as they appear one by one.

Perhaps as counselors we shrink most from tackling nature lore, just because we, ourselves, have not learned; this is all the more reason for us to try. One need not be a botanist nor an astrologer to go adventuring and exploring. With a good reference book or two, counselor and camper can have great fun together and the stories of the stars can be as simply told and as thrilling as any fairy tale. The life stories of birds and ants, and many more things beside, are at hand to see. Let us use what nature has so lavishly laid at our feet; here is the chance to see and hear and contemplate.

Program planning, even in the junior camp, can be a cooperative affair, and a far more satisfactory program will be achieved if care is taken to find out what the children particularly like. Whatever the program, it must be flexible, with ample time for free play. Children like to have time to invent their own games with or without the counselor, and one game may go on for some days. A spot in the woods, a field, a beach or a sand pit will provide the background for most anything a group can imagine. Sometimes they may want simple props and these should be found if possible, but the important thing is that they should have time to invent, to use their imagination. They get little enough in our highly-organized society today. Once in a while it is good to be gloriously idle as one can while sun bathing. A beach or a field beside a stream is a good setting. Those who want to can puddle in the sand, and the older ones will probably like to imitate the bathing beauties, lounging about in sun glasses and reading. This can become a beach party if desired.

This article has not touched on the details of program planning, but rather has tried in some small way to stimu-

late an interest in using the world of nature, and in pleading to provide ample opportunity for each child to grow at its own pace in a small, happy group.

There is a whole wealth of program material in many excellent books, but just a word about the rainy day, for these do happen even in this land of smiling summers. These are days when every available indoor space must be utilized in order to keep our groups as small as possible. Children soon become restless, noisy and overstimulated in a large indoor group. Gather them together for singing games and square dances, which are very popular, but divide them up wherever possible for less strenuous activities. Progressive games create much interest, or a jacks-competition. These can be played in a small space and on verandahs if it is not too cold and damp. Let some groups prepare stunts for the evening, dramatizing simple nursery rhymes, for example; others can do indoor sketching of still life, or the camp cat, and have an exhibition; switch the evening meal to a buffet party, or have a Christmas party in mid-summer, with games and stories before bed. Keep things moving and the interest up, but not intense, and be especially careful that all are happily tucked in at bed time, then everyone will enjoy a rainy day.

So, in our junior camps, let there be plenty of merry activity, a growing *with* the trees and the flowers and also "time to stand and stare".



STOVES

I Have Known

MARY L. NORTHWAY

Stoves are one of the few inanimate objects that possess personality. There are ornery stoves, placid stoves, scintillating stoves and domineering stoves. As well as its peculiar characteristics, every stove has a shrewd power of perception and judgment. It can quickly appraise who is to be master—you or it. If you reveal the slightest form of apprehension or fear you are defeated at the start, the stove will show its contempt by chuckling satirically over the fuel you feed it and finally in blasts of derision puff great clouds of smoke in your face.

Electric and gas stoves are, of course, offsprings of the original wood stove family, but like most other modern products they conform so meticulously to the folkways of present civilization that all traces of individuality and originality vanish. They are nothing but products of their environment and have an overdeveloped sense of efficiency, their chief purpose being to get their work done and then rest. They lack character.

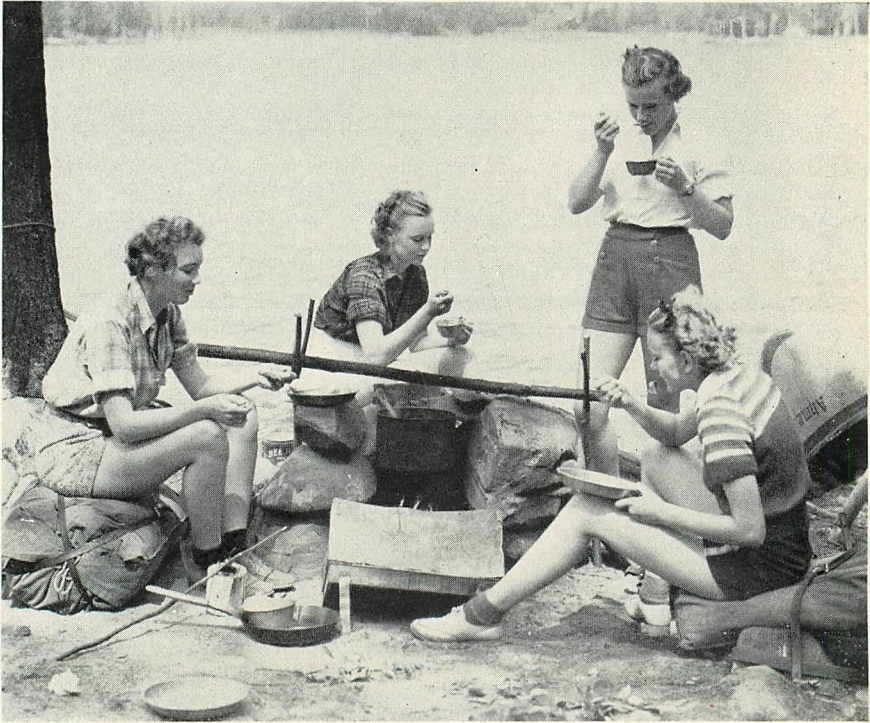
I have known many stoves during my life, some vaguely, some intimately; and have developed attitudes towards them varying from antagonism to affection. The stove I feel most affection for lives at our ski cabin. Instead of its original four legs it has three; the fourth was lost in a snow drift as it travelled home in a sleigh. The stump rests on a rock. To compensate for its defect

it is defiant and bites with hot anger everyone who comes near it. If they try to light it, it roars with leaping flames and as soon as the person sits back with satisfaction at his success it suddenly goes into a complete blackout. I have spent a good deal of time with that stove and as it grew to believe in my sympathy and concern it began to behave. If I talk re-assuringly to it during every session of kindling, it will perk up and glow comfortably for several days. It is essentially a good stove and needs only encouragement to perform its duties admirably.

A stove which I cannot abide is at our camp. It came from a family of some hundred identical siblings and was raised in a large department store. It has no soul and I think spends its days brooding on its past, when it sat in the front line basking in the admiration of the shoppers. From the beginning it resented our kitchen. The men who came to set it up had a dreadful struggle with it; each time they put it into position, by its own efforts it moved slightly out of place. It hated the pipes provided for its comfort and loathed to become associated with them. It takes a warm pride in the fact that it possesses an oven thermometer and uses its fuel erratically to see how quickly it can make the mercury go up and down. It is definitely pernickity, consuming only very dry split drift wood, refusing poplar, birch, maple and all the other

fuels provided by the surrounding country. It hates coal. I have had many violent arguments with it and just when I think I have put some sense into it, it becomes completely negativistic, refusing to carry out even the simple task of boiling a kettle. There are many other stoves—outdoor stoves which are the only positive type for cooking pancakes; franklin stoves which are hybrids, a cross between a true stove and a fireplace—and whose status is gauged by

their ostentatious ornamentation. There are Quebec heaters, whose roly poly shape exudes a warmth in itself, large stoves and small stoves, good stoves and bad, but with all of them I have found it is not the stove itself that matters, nor the fuel provided, but the relationship established between the owner and the instrument, a relationship which has to take into account the very real personality qualities of each.



CAMP WAPOMEO

The Editor Comments

It is the function of the Canadian Camping Association to link together the various provincial sections of the Association and to assist in developing and strengthening new Camping Associations in those parts of the Dominion where at present there is no organization. It requires no great imagination to glimpse the tremendous possibilities of this objective. Like the tiny acorn which eventually becomes the giant oak, the infant C.C.A. is yearly growing in strength and stature. Limited though it is, through lack of an Executive Secretary and funds for expansion, it is nevertheless showing the healthy growth of an organization that is founded on faith in the vital importance of its mission.

There are many camp leaders across Canada who believe so whole-heartedly in "the cause" that they give gladly and unstintingly of their time, both to the National and to the Provincial Organizations. They spend precious hours at Board and Committee Meetings; they give valuable assistance in leadership training; they contribute articles to CANADIAN CAMPING; they prepare leaflets; they do research work on health and safety, minimum standards, sites and equipment, etc.; they travel, in many instances, at their own expense, to share their experience with other camp leaders in various parts of the country.

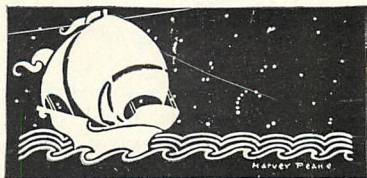
It is genuine enthusiasm and a deep-rooted belief in the value of camping which calls forth this splendid co-operation, in which private camp directors

and organization camp leaders pull together. Undoubtedly this untiring co-operation will lift the whole camping movement in Canada to higher standards and wider fields.

After all, who knows better what camp can mean to a child! Camp leaders have seen amazing things happen to boys and girls exposed for a summer, or two weeks, to the beauty and wonder and wholesomeness of life in the open. They have conviction that there is no substitute for a good camp, and they covet the camping experience for an ever-increasing number of young Canadians.

Perhaps, too, there is a sense of indebtedness. "Service is the rent we pay for our room on earth."

Therefore, they serve gladly, knowing how fortunate they are that their "room on earth" is a land so incomparably favoured and free.



A LETTER

from Taylor Statten

Because Mr. Taylor Statten was not only the first President of the Ontario Camping Association, but also the first President of the Canadian Camping Association, we knew that any of his "home thoughts from abroad" would be of great interest to his large circle of camp friends. It was in response to a request that he sent the following letter for CANADIAN CAMPING:

Palm Beach, Florida,
February 23rd, 1949.

Dear Miss Edgar:

You are very persistent. This is the world's worst place to settle down to write an article, but your latest appeal for "just two or three paragraphs on thoughts from Florida on Canadian Camping" has not fallen on deaf ears.

First, let me congratulate you on the February issue — so attractive and informative—marking the beginning of a new era.

Because of an arthritic condition which responds to the Florida sunshine, the Foreign Exchange Control Board makes it possible for us to migrate with the birds, and like our feathered friends, we are living very close to nature. Several years ago, I discovered a rather secluded ocean beach cove on Singer's Island, just a few miles north of Palm Beach. This is now the rendezvous of quite a group of Torontonians. Here we gather to sun bathe, swim, comb the beach for shells and prepare our noonday meal over an open fire. Some call it gypsying, others picnicing, but I like to think of it as just Canadian camping. The north brought south!

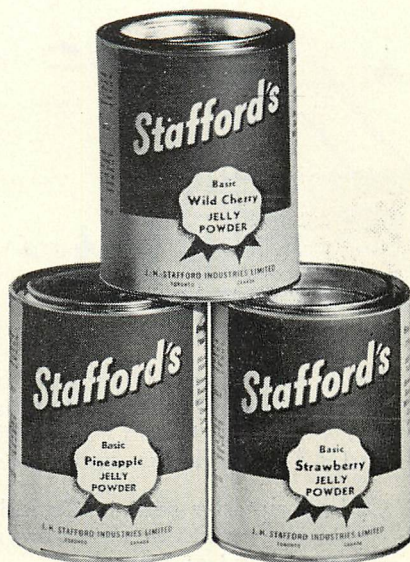
I was interested in the comments at our Rotary Club table yesterday. The chit-chat centered around our daily

activities. One man said: "I had a breakdown, going too hot a pace, but I find I can't let up. I'm working just as hard at golf every day as I did at the milk business at home." Another was ready to go back north. He had been to the night clubs, the gambling casinos, the horse races, the dog races, had seen everything and was about "fed up". When I told what we were doing, one of them remarked: "You Canadians have not lost the pioneer spirit." And as I enlarged upon our Everglades' trips in search of birds and to Sanibel Island for shells, and told of the Florida blue jay that I photographed while it took a biscuit from "Tonakela's hand, and of the three raccoons we discovered while doing a little exploring in a rather dense jungle, I overheard one man remark to another: "I'll bet those Canadians are getting more fun out of every dollar they spend than we get out of twenty."

From then until the president introduced the speaker, the table conversation centered around Canada. "I'm all for Canada in the summer and Florida in the winter", said one. Another, who had flown into Algonquin Park from Cleveland, told of his fishing experiences. They all seemed to think of Canada as a summer-holiday paradise and I hope I left the impression that Canadians are good campers.

I am aware, as never before, of the tremendous asset we have in Canada as a camping country, and have resolved to place more emphasis on instilling in every camper an appreciation of out-of-door living, arousing keener interest in the natural environment and acquiring better campcraft skills. I agree with Hedley Dimock, "It is the primary purpose and obligation of the organized camp to help develop in children, and to restore to those who are older, the throbbing sense of kinship with and emotional at-homeness, in the natural universe."

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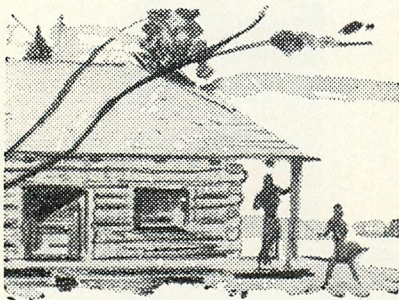
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Canadian Camping Items

At a board meeting of the Canadian Camping Association, held in the Royal York Hotel in Toronto on February 20th, there were representatives from Manitoba and Prince Edward Island—Mrs. Robert McQueen from Winnipeg and Mrs. Cudmore from Charlottetown). Present from Montreal were: Miss Dais L. Gass, President; Miss Sybil Ross, Secretary; Miss Diana Cumner, President of Quebec Camping Association; Miss Dorothy Percival, Director, Camp Ouareau; Mrs. Mutchler, Secretary Junior Leagues and Mr. C. A. Wiley, Chairman Finance Committee. The Toronto group included Mr. A. L. Cochrane, Honorary President; Miss Mary S. Edgar, Miss Dorothy Maybee, Mr. E. A. Chapman, Dr. J. H. Ebbs, Mr. Irwin Haladner, Prof. Chas. E. Hendry, Rev. John Hoyle and W. E. Yard. Secretaries of the Provincial Associations will receive copies of the minutes.

Important Decisions to Note:

The Canadian Camping Association is to have a part-time office secretary and an office at 1421 Atwater Avenue Montreal.

The Annual Meeting of the C.C.A. is to be held in October, in Montreal, at the same time as that of the Recreation Congress, when representatives of many national organizations interested in recreation and adult education will gather from all parts of Canada.

It is no insignificant event which occurs on March thirty-first, but one of great National import, and inevitably of concern to the Canadian Camping Association. On that date the Tenth Province—Newfoundland—becomes a part of our Dominion. What of camp-

ing in that ancient island colony? How can we assist the youth leaders with their summer programs and plans? It behooves us to make contacts and find out how our organization can extend a hand of welcome and co-operation.

Congratulations to the Canadian Girl Guide Association! A new magazine, "The Canadian Guide", made its debut February first. It is written especially for Guides and Brownies.

"We aim to call Canada together as one big family. The possibilities are limitless and exciting. In our pages there will be adventures of Guides in other lands — nature trails — Brownie holidays, sea-shore camps in Nova Scotia and Rangers mountaineering in the Rockies—We can bind provinces together with new friendships."



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NOTES

from the Provinces

BRITISH COLUMBIA

Miss Helen Shea, the secretary of the B.C. Camping Association, was a delegate to the Pacific Region Conference of the American Camping Association, held at Asilomar, California, March 9-12th. Miss Shea carried greetings from both the British Columbia and the Canadian Camping Associations.

Ted Yard, the president-elect of the Ontario Camping Association, was a guest at the recent board meeting in Vancouver. Incidentally, he reports that they have a pleasant custom of combining a dinner and a board meeting.

SASKATCHEWAN

A new bulletin has been issued by the Saskatchewan Camping Association under the title "Toward Better Camping". The editors of the first issue are Mr. Bevan Lawson, Regina, and Rev. Rodger E. Rendahl, North Battleford. The contents include articles on "Water Safety Equipment and Program", "Cabin Construction", "Films on Camping" and "Reminders to Members".

MANITOBA

Mrs. Robert McQueen, who is the executive secretary of Social Agencies, Winnipeg, attended the Conference of the Ontario Camping Association. Mrs. McQueen also represented Manitoba at the board meeting of the Canadian Camping Association, held at the Royal York Hotel, Toronto, on February 20th.

ONTARIO

The Ontario Section held its most successful conference to date, in Toronto, on February 18th and 19th, when over four hundred persons enrolled for the whole or part of the pro-

gram. There is a valuable stimulus for camp leaders in being able to meet with others who are thinking and working along similar lines, and this great group included representative-directors and counselors from widely-varied camping groups such as the Boy Scouts, Girl Guides, Y.M.C.A., Y.W.C.A., Salvation Army, Church Organizations, Social Agencies and Private Camps. The key speakers at the conference were Dr. Hedley Dimock, Dean George Williams College, Chicago, and Dr. Fritz Redl, School of Social Work, Wayne University, Detroit. It was of special interest also, to hear from Mr. C. T. Sharpe, Assistant Director of Camping, Department of Education, an outline of the very comprehensive plans on the part of the Ontario Government to give practical and financial assistance to agency camps in the province who meet the fundamental requirements of health and low-cost service.

A widening-out process has begun in connection with the Ontario Camping Association. On March 12th, there was held in Ottawa, a most important meeting. Camp leaders gathered at the Chateau Laurier to organize an Ottawa Regional Section of the O.C.A.

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Book Reviews

TRACKS AND TRAILCRAFT:
Jaeger, Ellsworth (Ed.). The Mac-
millan Company of Canada, Limited,
Toronto, 1948. pp. 381. Price, \$4.75.

Mr. Jaeger, well-known naturalist and camping authority, who has spoken to many Ontario audiences, presents a volume that is valuable and interesting from the standpoint of the mass of popularized scientific information about animals that it contains. The book deals mainly with the identification of tracks of all kinds of animals, from the domestic pig to the lordly moose, and in addition, it presents a multitude of unusual facts about animals.

Most of the material is somewhat limited in its practical application, except for the real out-door hobbyist. However, there are several chapters devoted to general tracking principles and tracking "games" that will appeal to campers. Unfortunately, there are too few opportunities for present-day animal trackers to engage in this dying art, that is as old as man, but which is practised mainly today on our northern hunting trails. Nevertheless, it is an art that lends itself admirably to camping and Canadian campers should consider incorporating it in their out-door program. This volume will provide the necessary incentive, inspiration and information.



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ONE HUNDRED TO DINNER: by Elspeth Middleton, B.A., Muriel Ransom, B.A., and Albert Vierin. University of Toronto Press, 1948. pp. 342. Price, \$3.50. Complimentary to Ontario Camp Directors from the Development Branch, Department of Travel and Publicity, Queens Park, Toronto, Ontario.

This recipe manual is planned to serve as a guide to better cooking in clubs, schools, camps and tourist resorts—in fact, wherever large numbers of people are served. It is the result of research undertaken by the authors during World War II, to provide the simplest and best recipes and directions for food prepared in large quantities, and which would result in the most attractive and nourishing meals. Every recipe in this volume is the fruit of prolonged testing, and the quantities specified for preparing servings of 100-125 portions may be relied on.

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A CAMP DIRECTOR TRAINS HIS OWN STAFF: Hammett, Catherine T. (Ed.). Publishers, American Camping Association, 343 South Dearborn Street, Chicago 4, Illinois, 1948. pp. 32. Price, .50c.

This training outline is good. It is good because it starts off by recognizing the fact that staff training is a problem peculiar to each individual camp and its director.

The specific content of any training program is not included. You will find an examination of the methods of training, suggested, flexible outlines of training programs, and enough theory discussion of training to make the proposals sensible.

The booklet of 32 pages is the result of a workshop on leadership training, held November, 1947, in Wisconsin. Well-known camp educators made up the group, whom you would expect to produce something as good as this is.

SO YOU WANT TO HELP PEOPLE:

Wittenberg, Rudolph M. (Ed.). Association Press, N.Y. Price, \$3.50. Obtainable in Canada from the G. R. Welch Co., Ltd., 1149 King Street West, Toronto, Ontario).

The sub-title of this book is a mental hygiene primer for group leaders. Actually, you couldn't get a better description, for it is a simple, easily-read book for the uninitiated in group work jargon, and also for the untrained in group work. It will stimulate thinking on the part of young counselors, and is interesting enough to keep them reading it to the end. It will give them real help in understanding the individuals within a group, and themselves in relation to the group. In an attempt toward simplification, I think it sins by over-simplifying. Discipline is a more complicated matter than the book leads you to believe. There is a chapter on camp counselling.

THE MOUNTIES: Grierson, Anne I.
The Ryerson Press, Toronto,
Ontario. pp. 157. Price, \$2.50.

Nothing is more symbolic of Canada than the Red-Coated "Mounties". This story of the R.C.M.P. is a vivid tale linked with the history of our country from days when warring Indian tribes roamed the western plains, right up to the present time when the force has "gone modern" and has its two colleges for the training of recruits. In many cases the force has substituted motor cars and planes for the saddle horse.

In "The Mounties" there is a wealth of valuable material which could be embodied effectively in out-door dramatics or told to campers around the camp fire.

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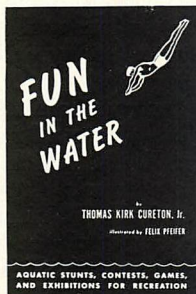
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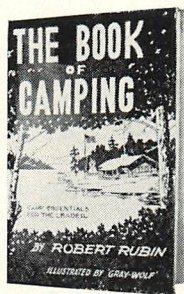
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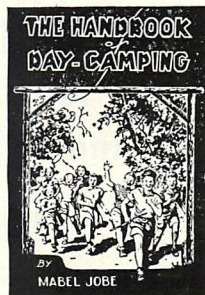
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FUN IN THE WATER, by Thomas K. Cureton, Jr., is a safe, fun guide for beginners and experienced swimmers; the descriptions and illustrations of activities are arranged in progressive sequence, as they would be developed in regular courses on water stunts and games. And the entire collection is written, illustrated, and printed for easy use at the "ole swimming hole", pool, or beach. **\$4.50**



THE BOOK OF CAMPING by Robert Rubin contains about every essential: what camping is all about; job analyses for the counselor, and detailed pre-camp and in-service training plans; camp curricula in nature, crafts, music; typical daily schedules; rainy day programs; the camp budget; kitchen and food controls; menus for two weeks; song lists; cabin mail charts; forms and blanks for all operations; extensive bibliographies; etc. **\$2.25**



THE HANDBOOK OF DAY-CAMPING by Mabel Jobe is a detailed blueprint on how to use day-camping to enrich children's lives, to build a cooperative way of living, and to meet social, emotional and play needs without complicated organization or elaborate equipment. Mrs. Jobe has trained thousands of teachers and leaders, and in this hand-book gives a complete "course for the beginners and experienced campers. For volunteers, teachers and recreation and group workers, here is the first complete guidebook to day-camping. **\$3.50**

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**JOE LAVALLY AND THE PALE-
FACE:** Wickstead, Bernard. Wil-
liam Collins Sons & Co., 53 Avenue
Road, Toronto, Ontario. Price,
\$2.75.

This is a report, with many amusing
asides, of a short canoe trip which
Bernard Wickstead, the Paleface and
a greenhorn, took through Algonquin
Park in the summer of 1945. This was
how he spent his last leave before re-
turning home to England and civilian
life. Perhaps he would have written a
book on this experience regardless of
events, but Joe Lavally, his Indian
guide, certainly gave him plenty of
scope.

Joe was ageless, and full of wisdom,
not only from observing nature in the
wilds, but also human nature. When
one of Joe's yarns or explanations was
too "tall", the author made a special
note of it and checked later at a
library or with some other authority.
All this he shares with the reader.

The route which they followed is
described in detail, and anyone familiar
with the district could easily follow it.
They travelled at a leisurely pace with
plenty of time to explore and in con-
stant anticipation of seeing wild life.
They saw some.

With all its humour, airiness and
exaggeration, it has plenty of fact and
reveals some truths in which camp
directors and trip counselors would be
interested. Joe and the Paleface were
travelling at the height of the season,
and frequently contacted trips from
boys' and girls' camps. A few of their
remarks and observations on these so-
called "organized" trips are worthy of
note. Indeed, this book should be read
by all of us.

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RENOVATING CANOES

Replying to a request for the method of removing paint from canvas-covered canoes, the Canadian Canoe Company, Limited, of Peterborough, Ontario, supplied the following information:

1. "First remove the outside gunwales so that none of the solution will get around or under them and later cause trouble.

2. Make a solution of lye and water. By dissolving one tin of lye and two gallons of water, then add a cupful of corn-starch which has been mixed with a little water; and stir. This will thicken the mixture so that it will stay on the canoe. Apply a thin coat of the mixture to the canoe, using a rubber sponge wired on a stick, or a mop made of burlap will do if a sponge is not available). Be sure you do not let the solution come in contact with the hands. Let this mixture remain on the canoe for approximately one hour, then thoroughly wash off with water under the pressure from a hose. The paint will come off with the solution. If any should remain, repeat the method where necessary.

3. After the paint has been removed, you can neutralize the solution by scrubbing thoroughly the canvas with a solution of powdered borax or washing soda, dissolved in water. When the canoes have dried, apply a liberal coat of clear gasoline and rub well into the canvas and let it dry. This takes only a few minutes. If, when the gasoline has dried, there should appear any wet spots on the canoe, you will

know that some of the remover solution still has not been neutralized and it will have to be scrubbed some more. When all the paint has been removed to your satisfaction, sandpaper the canoe lightly and proceed to paint." A NOVEL "TENT BOAT"

We have always wanted a houseboat at camp, but the cost was prohibitive. However, in a spring edition of the National Geographic, 1948, there was a picture of a raft with a tent upon it. So we set to work to design a raft which would remain deck-side up in rough weather. The manager of the planing mill took the matter over and finally we built a raft of heavy timber 20 feet by 12 feet, resting on eight oil drums attached with wire hoops so that they be removed for beaching it in the fall. We bought a ten 12 feet by 10 feet and pitched it at one end. The raft can be paddled — slowly — and makes a grand place to spend the night. It is a great plaything for all ages.

—Margaret Govan, Camp Onawaw.

WATER-GAMES

Seek and Find

This requires two teams and any even number of jam pail lids (at least 10); one half of number of lids are marked. All lids are scattered between the two teams in waist-deep water. Players must duck to pick up the lids. One team must secure all the marked ones and the other team, the unmarked.

Scramble Ball

(12 corks or old tennis balls). Two teams line up facing each other. On the command, "GO", players of each team try to secure as many corks for their team as possible. When all are collected and counted by each team, repeat the procedure until one team has secured a total of fifty corks.

—From the Bulletin of the Saskatchewan Camping Association.

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OPEN

To all Campers, Counselors and Camp Staff who attend an organized summer camp during 1949.

THE DESIGN

As submitted should be symbolic of something in our Canadian Way of Life and of the Canadian Camping Scene.

THE RULES

- (1) The design must be done in India Ink on Drawing Paper.
- (2) It should bear the name of the Canadian Camping Association.
- (3) It should measure not less than four inches across.
- (4) It must be accompanied by a written explanation of the symbolic meaning of the design.
- (5) All drawings must be in the hands of the Committee not later than September 15th, 1949. They should be carefully wrapped to prevent creasing and addressed to:

Mr. Arthur Buckley,
Chairman of the Crest Committee,
Y.M.C.A., Geneva Park P.O.,
Ontario.

- (6) A person may submit more than one design.
- (7) Entries should include the following information:
Name Home Address
Camp attended
Age if under 21
- (8) All entries become the property of the Canadian Camping Association, Inc.

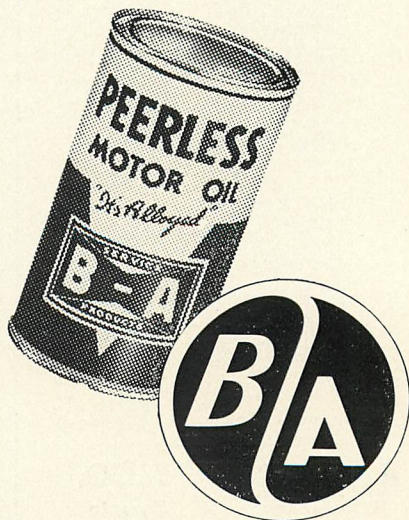
RECOGNITION

- (1) A cash award of Fifteen Dollars (\$15.00) to the person whose design is chosen as the Official Crest of the Canadian Camping Association, Inc. (If no design is acceptable to the Committee as the official crest, no winner need be declared.)
- (2) An honorary membership in the Canadian Camping Association.
- (3) A suitable Scroll to the Camp which the winner of the competition attends in the 1949 season.

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The Camper and the Soap-flakes

Once there was a camper
Not too bright, alas, alack!
She stuffed her bag with laundry
And heaved it on her back.

She called to all her cabin mates
"I'm off to wash my clothes—
Shirts and shorts and hankies,
Underthings and hose."

Down to the shore she gaily tripped,
But this was her mistake;
Her box of powdered soap-flakes
She sprinkled in the lake!

M.S.E.

(Episodes or sayings of campers are solicited for this series of rhymes.)

Wearied Counselor, with a group of tired hikers, to farmer leaning against his fence: "Would you please tell us how far is it to Camp X?"

Farmer: "Well, I reckon about two miles as the crow flies."

Counselor: "But how far would it be if the crow had to hike and carry these pack sacks?"

"Campers are like money. Keep them busy or they lose interest."

Sentimental Counselor, on bush trail, gazing up at a giant tree: "Oh wonderful pine tree! If you could only speak to us, what would you say?"

Young Camper: "It would say: 'Shucks, I'm a hemlock!'"

"You can't kick while you pull. And you can't pull while you kick."

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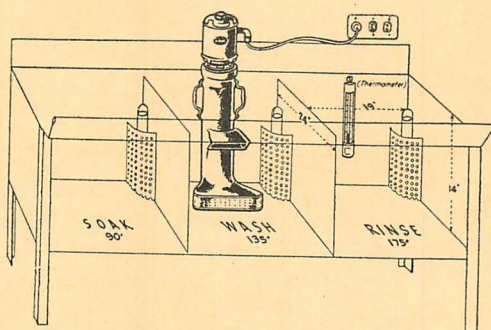
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